



Elgin Blue Wave Workout

Monday 3/27/17

Workout Total

3750

Reps	x	Yds	Exercise	Interval	Rest
1	x	700	swim	700	0
1	x	400	im drill	400	0
4	x	200	choice-all out	800	1,00
1	x	100	easy	100	0
4	x	100	free	400	1,10
1	x	50	easy	50	0
4	x	100	im	400	1,20
6	x	50	choice-all out	300	45
1	x	50	easy	50	0
1	x	300	pull	300	0
6	x	25	choice-all out	150	25
4	x	25	free	100	15